



for using the
Eat Smart. Play Hard.™
Materials

Songs

- Play Power Panther™ songs during class or in after-school programs.
- Hold an "American Idol"-type contest using the songs at school talent show.
- Ask kids to develop a dance routine and perform it during assembly.
- Lead exercise routines using the songs during school and community events.



http://www.fns.usda.gov/eatsmartplayhard/Collection/collect_kids_3.html

Posters

- Laminate or glue two posters together and hang from the ceiling in Food Stamp offices, WIC clinics, classrooms, cafeterias, gyms, and school offices.
- Hang posters in gym during games and special events.
- Tie posters together with ribbon, drape over shoulders, and use as walking nutrition promotion at school and community events or outreach activities.

http://www.fns.usda.gov/eatsmartplayhard/Collection/tools_posters.html



Power Panther™ Sticker

- Place stickers on plastic/paper cups for snacks, breaks, and special education events, and for taste-testing at school or community events.
- Use as medals for special events by gluing the sticker to cardboard and affixing a ribbon or gluing the sticker directly on a pre-made ribbon.
- Use stickers to reward kids for trying new foods, and other healthy behaviors.

http://www.fns.usda.gov/eatsmartplayhard/collection/collect_kids.html



Table Tents

Create a mobile with the table tent and pictures from the clip art section or from the other Eat Smart. Play Hard.™ materials. Hang from the ceiling in Food Stamp offices, WIC clinics, school cafeterias, classrooms, and conference rooms.

http://www.fns.usda.gov/eatsmartplayhard/Collection/collect_tools_2.html

<http://www.fns.usda.gov/eatsmartplayhard/Zone/clipart.html>

<http://www.fns.usda.gov/eatsmartplayhard/Collection/main.html>



Static Window Clings

- Use static clings on windows and glass doors in program offices and authorized food stores for Food Stamps and WIC.
- Affix window clings on car or van windows.
- Decorate classroom or conference room windows using the clings.

http://www.fns.usda.gov/eatsmartplayhard/Collection/collect_kids_2.html



Screensavers

- Project screensavers on a screen during “down time” at meetings and conferences.
- Play screensavers on staff workers’ computers in Food Stamp offices and WIC clinics.
- Play screensavers on computers in school libraries.

http://www.fns.usda.gov/eatSMARTplayhard/Collection/collect_parent_2.html



Public Service Announcements (PSAs)

- Play PSAs as part of an employee wellness promotion and in program waiting areas.
- Don't have an announcement system? Send an all-employee voice mail message of the PSAs.
- Ask supermarkets and grocery stores authorized for the Food Stamp and WIC Programs to play PSA over store announcement systems during events such as back to school week, National Nutrition Month, etc.

http://www.fns.usda.gov/eatSMARTplayhard/Collection/collect_tools_3.html

